

The following people are eligible for molecular testing (PCR or rapid molecular testing):

- [Symptomatic](#)<sup>2</sup> people who fall into one of the following groups:
  - Hospitalized patients
  - Patients seeking emergency medical care, at the discretion of the treating clinician
  - Patient-facing healthcare workers
  - Staff, volunteers, residents/inpatients, essential care providers, and visitors in hospitals and congregate living settings, including Long-Term Care, retirement homes, First Nation elder care lodges, group homes, shelters, hospices, temporary foreign worker settings, and correctional institutions
- Symptomatic outpatients for whom COVID-19 treatment is being considered
  - includes those 70 and older who have a risk factor including obesity (BMI  $\geq 30$ ), dialysis or stage 5 kidney disease (eGFR  $< 15$  mL/min/1.73 m<sup>2</sup>), diabetes, cerebral palsy, intellectual disability of any severity, sickle cell disease, receiving active cancer treatment, solid organ or stem cell transplant recipients, or 50 and older if First Nations, Inuit, or Métis with any of those risk factors<sup>3</sup>
- Symptomatic people who are underhoused or homeless
- Symptomatic elementary and secondary students and education staff who have received a PCR self-collection kit through their school
- Symptomatic/asymptomatic people who are from First Nation, Inuit, and Métis communities and individuals travelling into these communities for work
- Symptomatic /asymptomatic people on admission/transfer to or from hospital or congregate living setting
- High risk contacts and asymptomatic/symptomatic people in the context of confirmed or suspected outbreaks in highest risk<sup>4</sup> settings, including hospitals, long-term care, retirement homes, other congregate living settings and institutions, and other settings as directed by the local public health unit
- Individuals, and one accompanying caregiver, with written prior approval for out-of-country medical services from the General Manager, OHIP
- Asymptomatic testing in hospital, long-term care, retirement homes and other congregate living settings and institutions as per provincial guidance and/or Directives, or as directed by public health units.

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<sup>2</sup> Symptomatic is defined as having at least one symptom or sign from the [COVID-19 Reference Document for Symptoms](#).

<sup>3</sup> <https://covid19-sciencetable.ca/sciencebrief/clinical-practice-guideline-summary-recommended-drugs-and-biologics-in-adult-patients-with-covid-19-version-6-0/>

<sup>4</sup> Highest risk settings include hospitals, Long-Term Care, retirement homes, congregate living settings (see page 10-11). All other settings would be considered non-highest risk.

## You have symptoms and are concerned you may have COVID-19. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting\*

**Do you have any of these symptoms: Fever/chills, cough, shortness of breath, decrease/loss of smell and taste?**

No

Yes

**Do you have two or more of these symptoms?:**

- Sore throat
- Headache
- Extreme fatigue
- Runny nose/nasal congestion
- Muscle aches/joint pain
- GI Symptoms (i.e. vomiting or diarrhea)

No

Yes

- It is less likely that you have COVID-19 infection.
- Self-isolate until your symptoms are improving for at least 24 hours (48 hours for gastrointestinal symptoms).
- Your household members do not need to self-isolate.

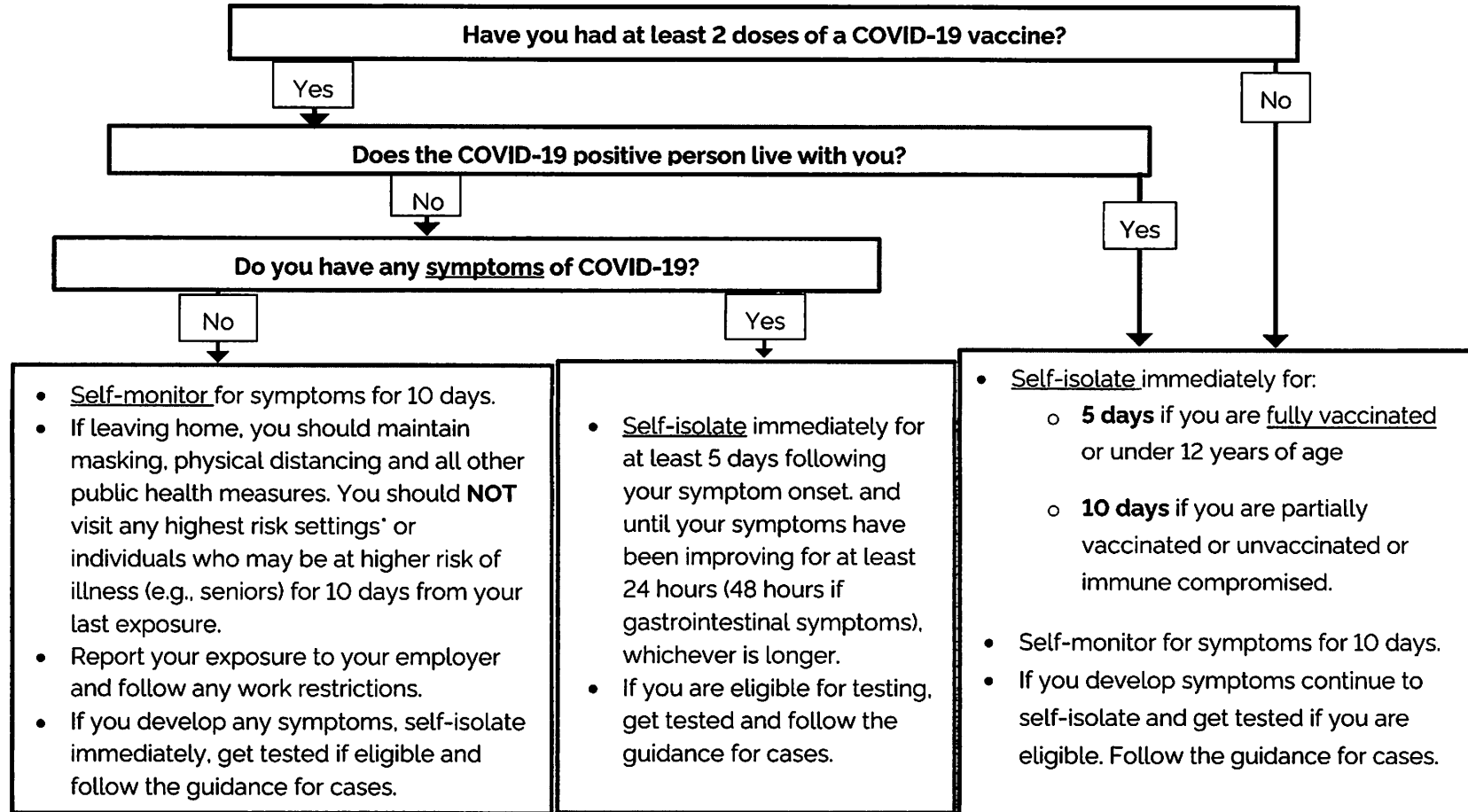
- It is highly likely that you have a COVID-19 infection.
- You must self-isolate immediately:
  - For at least **5 days** from your symptom onset and until your symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms) whichever is longer in duration if you are:
    - 12 years of age or older AND fully vaccinated.
    - 11 years old or younger, regardless of your vaccination status
  - For **10 days** from your symptom onset if you are:
    - 12 years of age or older AND either partially vaccinated or unvaccinated.
    - Immune compromised, regardless of your age
- All of your household members (regardless of their vaccination status) must self-isolate while you are self-isolating.
- Most individuals do not need a COVID-19 test. If you are in the eligible individual list, get PCR test, rapid molecular test or rapid antigen tests (if you have access). If testing is not available, you must fulfill the self-isolation.
- If your symptoms worsen, seek advice from Telehealth or your health care provider.
- Notify your workplace.

\*Highest risk settings/individuals include hospitals, Long-Term Care, retirement homes, congregate living settings, and health care workers providing care to immunocompromised people.

**Note:** In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are **not** considered equivalent to fully vaccinated.

## You've been exposed to someone who has tested positive for COVID-19 on PCR, rapid molecular, or rapid antigen test. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting\*



\*Highest risk settings include hospitals, Long-Term Care, retirement homes, health care workers providing care to immunocompromised, congregate living settings

**Note:** In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are **not** considered equivalent to fully vaccinated.